



# Access to mental health experts who specialize in you.

Rula's network of 21,000+ mental health providers can support you and your family with virtual therapy, psychiatry, or a combination of both.

## A personalized approach to care, tailored around you.



### Affordable, accessible care

Rula partners with your insurance company to make care more affordable.



### Focused on quality

All providers undergo regular clinical reviews and have access to peer review and development workshops.



### Meet your match

Providers in Rula's network represent a wide range of specialties and backgrounds.



### Your search, made simpler

We'll help you find an in-network provider and schedule your first appointment in minutes.

### Ready to get started?

Scan to find your therapist who specializes in you

